

### State of Alabama

## Department of Child Abuse and Neglect Prevention

"The Children's Trust Fund"

60 Commerce Street
Suite 1000
P.O. Box 4251
Montgomery, Alabama 36104-3702
(334) 262-2951
www.ctf.alabama.gov



March 16, 2015

Dear Community Friends,

April is Child Abuse Prevention Month! This year we are encouraging all communities across Alabama to honor "Child Abuse Prevention Month" as we create an awareness of preventing child maltreatment across our communities. The Alabama Department of Child Abuse and Neglect Prevention (ADCANP), "The Children's Trust Fund of Alabama" and Prevent Child Abuse Alabama invite every community to take action for children by encouraging businesses and schools throughout Alabama to place blue ribbons on their doors during the month of April. The blue ribbon is the international sign for child abuse prevention and serves as a constant reminder that all of us have a responsibility to help keep children safe. We also encourage you to use the Prevent Child Abuse America "Pinwheels for Prevention" available through their website.

On April 10, 2015, we are asking everyone to wear blue in recognition of child abuse prevention. Through your actions of support, "The Children's Trust Fund" will continue to encourage, support and fund community-based programs whose purpose is to prevent maltreatment and strengthen families. Our agency currently funds 139 grantees across the state. We will release our new RFP April 1, 2015 through our website at <a href="http://ctf.alabama.gov">http://ctf.alabama.gov</a>.

Please take time to write a letter to your Legislators letting them know the wonderful things you are doing in their district with funding from the Alabama Department of Child Abuse and Neglect Prevention. We want our Legislators to know that any extra funding available will go right back into Alabama communities to support programs that prevent child abuse and neglect.

We can't wait to learn about all the exciting activities you are planning for April. Please email Dawn Miller at <a href="mailto:dawn.miller@ctf.alabama.gov">dawn.miller@ctf.alabama.gov</a> with your pictures as you promote an awareness of child abuse and neglect prevention in your community.

My warmest regards,

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Sallye R. Longshore

**Executive Director** 

### PRESS RELEASE

For: Immediate Release

### **Contact:**

The Alabama Department of Child Abuse and Neglect Prevention

Sallye Longshore, Executive Director, 334.262.2951 <u>sallye.longshore@ctf.alabama.gov</u> Tracy Plummer, Deputy Director, 334.262.2951 <u>tracy.plummer@ctf.alabama.gov</u>

# We All Can Play a Part in Preventing Child Abuse and Neglect April is National Child Abuse Prevention Month

Montgomery, Alabama – April is National Child Abuse Prevention Month. This month and throughout the year, the Alabama Department of Child Abuse and Neglect Prevention (ADCANP), also known as *the Children's Trust Fund (CTF) of Alabama*, encourages all individuals and organizations to help in making the State of Alabama a better place for children and families. By ensuring that parents have the knowledge, skills, and resources they need to care for their children, we can help promote children's social and emotional well-being and prevent child maltreatment within families and communities.

"April is a time to celebrate the important role that communities play in protecting children," said Sallye Longshore, Executive Director. "Everyone's participation is critical." Funding is available to those agencies who administer programs in their area to prevent child abuse and neglect. Beginning April 1st, Grant Applications will be available on their website at <a href="http://ctf.alabama.gov">http://ctf.alabama.gov</a>. Funding will be awarded to eligible entities through a competitive grant process for organizations seeking to establish programs that <a href="prevent child abuse and neglect">prevent child abuse and neglect</a> in their respective areas. The Department has also released the Request for Proposal (RFP) on the Department's website which provides all regulatory requirements and a timeline of related expectations. Grant Applications will be accepted online only until Friday, May 8, 2015 5:00 p.m. CST. There are no exceptions to this deadline or procedure.

Alabama Department of Child Abuse and Neglect Prevention (ADCANP)

The Children's Trust Fund 60 Commerce Street Suite 1000 Montgomery, AL 36104 (334) 262-2951

# Alabama Department of Child Abuse and Neglect Prevention



# Child Abuse & Neglect Prevention TOOLKIT 2015



Celebrating 32 years of Preventing Child Abuse and Neglect

### Suggestions to Celebrate Child Abuse & Neglect Prevention in YOUR Community

<u>Proclamation</u>-Designate local representatives from your community to sign and present a proclamation to initiate the month long focus on child abuse and neglect prevention. We have attached a sample Mayor's Proclamation.

Blue Ribbon Awareness Campaign-Write a letter to local schools, business, churches, as well as, other agency partners and supporters to encourage them to display a blue bow on their doors or around trees the month of April. Send a campaign letter to explain the purpose of displaying Blue Bows on doors or around trees to recognize the importance of preventing child abuse and neglect through the community.

<u>Open House</u>-Agencies are encouraged to conduct an Open House to promote their role in child abuse and neglect prevention and to allow others to see the importance of your great mission.

THIS IS A WONDERFUL OPPORTUNITY TO INVITE YOUR LEGISLATORS!

Remember your legislators are home every Friday through Monday during the legislative session. As always please send any photos from this event for us to include on our website.

<u>School Poster Contest</u>-Encourage schools to participate in a local poster contest to promote Awareness of Child Abuse and Neglect Prevention. Provide a theme to schools such as "Things Families Enjoy Doing Together." Our goal is to create an awareness of the importance of child abuse and neglect and prevention. Through strengthening families we hope to prevent child abuse and neglect in Alabama. Ask local businesses to participate in your efforts by donating prizes for first, second and third place posters.

<u>Speeches/Presentations</u>-Ask to speak at local civic or church groups about child abuse and neglect prevention to promote awareness and support throughout the community.

<u>Media-Contact</u> your local radio station and newspaper to recognize that April is Child Abuse and Neglect Prevention and an opportunity to create awareness throughout Alabama. If you are on Facebook or Twitter please contact your Legislators so that they can join our group and receive updates. We have attached sample press releases and public service announcements.

<u>Local Business Display</u>-Ask local businesses to display some form of recognition that the month of April is Child Abuse and Neglect Prevention month. They can display information on marquee signs, posters, flyers, newsletters, or paint a BLUE message on their window front proclaiming "April is Child Abuse and Neglect Prevention month."

<u>Wear Blue Day</u>-Encourage schools, churches and local businesses to wear BLUE on April 10, 2015. Spread the word all over town!!!

<u>Light the Town Blue</u>-If available, get permission from local officials to cover outside lights with blue film on a selected night in recognition of Child Abuse and Neglect Prevention month.

<u>Blue Fountain</u>-Ask local officials if it would be possible to dye the water blue in your local fountains. If they do not want you to dye the water ask if they will cover the light blue instead.

<u>Pinwheels</u>-Create a pinwheel garden to remind others of what the pinwheels represent, which is the chance of a healthy, happy and full life that all children in Alabama deserve. Remember if you are referring to Pinwheels for Prevention®, you must use the pinwheels purchased from Prevent Child Abuse America.

Please email Dawn Miller at <u>dawn.miller@ctf.alabama.gov</u> with any photos from your events to that we can add them to our newsletter and website.

Thank you for all that you do to help the month of April become a huge success in Alabama!!!

### PREVENT CHILD ABUSE (PCA) ALABAMA

The Alabama Department of Child Abuse and Neglect Prevention is the Alabama Chapter for Prevent Child Abuse America which was established May 18, 2007. The Department and PCA America share the common mission to prevent child abuse and neglect before it occurs. PCA Alabama and the Department also share the same focus on the prevention of child abuse and neglect in many of the activities they support and implement:

- Parenting education and support
- Public/community awareness
- Home visitation
- Mentoring
- School-based programming
- After-school activities
- Respite care
- Child Abuse Prevention Month activities

In prevention and early intervention services, collaboration is essential to maximize effective use of resources and eliminating duplication of efforts. The collaboration with the Department provides PCA Alabama with a means to share information on educational initiatives and community involvement to bring increased awareness to the prevention of child abuse and neglect for the children in Alabama.

### SAMPLE LETTER TO MAYOR

### 2015

[Date]

[Name & Address]

Dear Mayor [Name],

The Alabama Department of Child Abuse and Neglect Prevention (*The Children's Trust Fund*) advocates for children across the State of Alabama. As Mayor of [local community], we are asking for your help by proclaiming April as Child Abuse Prevention month in our community. Child Abuse Prevention month has been observed each April since its first presidential proclamation in 1983. Since that time, individuals and organizations have joined together during April to raise the public's awareness of child abuse and the need for its prevention.

Please help [name of local organization] to promote and support safe, healthy families so we can end child abuse and neglect in the State of Alabama. April's observance and particularly your proclamation – of Child Abuse Prevention month stands to remind us all of the collective responsibility we have to protect children here in [local community].

Through this proclamation, we want to encourage local businesses, agencies, churches and schools to place blue bows on their doors to promote an awareness of the importance of child abuse and neglect prevention in [local community].

With much appreciation,

[Signature]

[Name, title, organization]

### **Sample Proclamation**

### Child Abuse Prevention Month 2015

WHEREAS, Alabama's future prosperity depends on nurturing the healthy development of over 4 million children currently living, growing and learning within our many diverse communities; and

WHEREAS, research shows that safe and nurturing relationships and stimulating and stable environments improve brain development and child well being, while neglectful or abusive experiences and unstable or stressful environments increase the odds of poor childhood outcomes; and

WHEREAS, the abuse and neglect of children can cause severe, costly and lifelong problems affecting all of society, including physical and mental health problems, school failure and criminal behavior; and

WHEREAS, research also shows that parents and caregivers who have social networks and know how to seek help in times of trouble are more resilient and better able to provide safe environments and nurturing experiences for their children; and

WHEREAS, individuals, businesses, schools, and faith-based and community organizations must make children a top priority and take action to support the physical, social, emotional and educational development and competency of all children; and

WHEREAS, during the month of April, Prevent Child Abuse Alabama in collaboration with the Alabama Department of Child Abuse and Neglect Prevention will be engaging communities throughout Alabama in a coordinated effort to prevent child abuse and neglect by promoting awareness of healthy child development, positive parenting practices and the types of concrete support families need within their communities,

NOW, THEREFORE, I, NAME OF OFFICIAL, TITLE, do hereby proclaim April 2015 as Child Abuse Prevention Month and urge all residents to engage in activities whose purpose is to strengthen families and communities to provide the optimal environment for healthy child development.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the [FILL IN THE BLANK] to be affixed at XXXXXXXXXXXXX, the Capital, this XX day of Month in the year SPELL OUT YEAR.

### SAMPLE TALKING POINTS

- Lawns at businesses, schools and public offices across Alabama will be planted with pinwheel gardens throughout April in recognition of Child Abuse Prevention Month.
- The pinwheel represents Prevent Child Abuse Alabama's efforts to change the way our state approaches the prevention of child abuse and neglect.
- The campaign focuses on community activities and public policies that prioritize healthy child development right from the start, before abuse and neglect ever begins.
- Pinwheels for Prevention reminds us of our on-going responsibility to ensure that every child has the equal opportunity for healthy growth and development.
- The future prosperity of our society depends on the ability of our children to achieve their full potential, which is why we must make investments in their healthy development our number one priority.
- When we fail to provide the resources children and families need, children are at increased risk of exposure to extreme and sustained stress like child abuse and neglect, which can interfere with healthy brain development and result in learning and behavioral problems and long-term physical and mental illness.
- When the entire community takes responsibility for creating healthy environments in which to raise our children, we lay the foundation for long-term community prosperity.
- Getting prevention right early is less costly to society and to individuals than trying to fix things later.
- Together, we can ensure a brighter future for our children and a prosperous future for our community.

### SAMPLE LETTER TO THE EDITOR

### Dear Editor:

As we recognize April as Child Abuse Prevention Month, I invite you to become a part of the Pinwheels for Prevention campaign, a national movement to change the way we approach prevention in our community.

The pinwheels planted in our community during April symbolize the happy healthy childhoods all children deserve. They also remind us of our ongoing responsibility to ensure every child has an equal opportunity for healthy growth and development.

You can learn about healthy child development and how you can help prevent child abuse and neglect in our community by visiting the Pinwheels for Prevention page at http://ctf.alabama.gov/.

Whether our children will achieve their full potential as healthy, productive members of our community depends largely on each of us. Learn about the needs of children and families in our community, get involved in their lives and speak up on their behalf. Together we can build a bright and prosperous future - one child at a time.

Sincerely,

[your name here]

### SAMPLE OPINION EDITORIAL

### Pinwheels for Prevention Promotes the Benefits of Investing in Healthy Child Development

You may have noticed displays of blue and silver pinwheels popping up around our community this month. Communities throughout Alabama and across the nation are creating similar displays as part of *Pinwheels for Prevention*, a national movement to change the way we approach the prevention of child abuse and neglect.

We all know that today's children are our future leaders, parents and workers. Their well-being affects the future safety and prosperity of our entire community. Yet too many of our children continue to live in neglectful or abusive environments that are toxic to healthy brain development and lead to learning and behavioral problems and long-term physical and mental illness.

If we truly want to strengthen our community and turn our economy around, prevention must become a priority for every individual.

During Child Abuse Prevention Month, [local community partners/organizations] [is/are] working with Prevent Child Abuse Alabama to promote community activities and public policies that support healthy child development so that child abuse and neglect never begins. [Describe local activities or initiatives here in 100 words or less].

We all have a role to play in ensuring every child in our community has an equal opportunity for health growth and development. You can be a part of the solution by learning about the needs of children and families in our community, speaking out on behalf of children's issues, advocating for the expansion of proven prevention programs that work to prevent child abuse and neglect, and supporting family or friends who are under stress.

To learn about healthy child development and more ways you can help prevent child abuse and neglect in your community, visit the Pinwheels for Prevention page at <a href="http://ctf.alabama.gov/">http://ctf.alabama.gov/</a>. Together we can build a bright and prosperous future for Alabama- one child at a time.

# SAMPLE PUBLIC SERVICE ANNOUNCEMENTS (PSA's) 2015

### April is Child Abuse and Neglect Prevention Month!

### **PSA #1**

[30-second public service announcement aimed at building community involvement, including 10-second tag for local organization identity]

**Voiceover (:20 sec.):** By working together as a community, we all can play a part in promoting children's emotional well-being and strengthening families.

April is National Child Abuse Prevention Month. During this month and throughout the year, [Insert Organization Name] is dedicated to supporting families and reducing the risk of child abuse and neglect.

Find out how you can play a part in creating positive change in our community.

**Tag: (:10 sec.):** This message is brought to you by [Insert Organization Name] and the Alabama Department of Child Abuse and Neglect Prevention, Prevent Child Abuse Alabama Chapter.

### **PSA #2**

[30-second public service announcement aimed at building parent and caregiver awareness, including 10-second tag for local organization identity]

**Voiceover (:20 sec.):** Being the best parent you can be involves taking steps to strengthen your family and finding support when you need it. Parenting isn't something you have to do alone.

When you have the knowledge, skills, and resources you need, you can raise a happy, healthy child. Find out more about activities and programs in your community that support parents and promote healthy families.

Tag: (:10 sec.): This message is brought to you by [Insert Organization Name] and the Alabama Department of Child Abuse and Neglect Prevention, Prevent Child Abuse Alabama Chapter.

### Sample Blog Entries

1. Prevent Child Abuse America's national signature campaign, Pinwheels for Prevention®, is based on the belief that every day is an opportunity for you to recognize that we all play a role in the lives of children.

As our nation recognizes April as Child Abuse Prevention Month, let's take this time to recognize the various roles we can play:

- Educate: Learn more and educate others about healthy child development and child abuse prevention; become a messenger for prevention.
- Advocate: Lend your voice to bring about change for children in the U.S. and affect the
  policies that impact children and the communities in which they live.
- Participate: Volunteer your time and talent to organizations that focus on children, their families and the prevention of child abuse and neglect.
- Donate: Make financial gifts to support these efforts.

To learn more please visit http://ctf.alabama.gov/.

During Child Abuse Prevention Month we need to recognize that every investment in healthy child development is an investment in community and economic development.

Research shows a strong correlation between child abuse and neglect and debilitating and chronic health consequences. The Adverse Childhood Experiences Study (ACE) (www.acestudy.org), conducted by the Centers for Disease Control and Prevention in collaboration with Kaiser Permanente's Health Appraisal Clinic in San Diego, found that individuals who experienced child maltreatment were more likely to engage in risky behavior, such as smoking, substance abuse and sexual promiscuity, and to suffer from adverse health effects such as obesity and certain chronic diseases.

Further, Prevent Child Abuse America estimates that implementing effective policies and strategies to prevent child abuse and neglect can save taxpayers \$104 billion per year. The cost of not doing so includes more than \$33 billion in direct costs for foster care services, hospitalization, mental health treatment and law enforcement. Indirect costs of over \$70 billion include loss of productivity, as well as expenditures related to chronic health problems, special education and the criminal justice system.

As these studies demonstrate, getting prevention right early is less costly to society, and to individuals, than trying to fix things later.

3. Our ability to thrive as a society depends on how well we foster the health and well-being of the next generation. We know that there are many innovative child development efforts

being implemented around the country, such as services that focus on preventing shaken baby syndrome, supporting parents and caring adults in their role of ensuring children's safety, and home visitation services. We also know that we can do better. A focus on innovative and needed services lays the foundation for children's healthy growth and development, which reduces the potential for developing more serious and costly problems. During Child Abuse Prevention Month we need to ask ourselves how we can be a part of bring effective child abuse prevention efforts to scale.

4. With Child Abuse Prevention Month upon us, we are reminded of what an ancient philosopher once wrote: "There is only one time when it is essential to awaken. That time is now." Which is why we want leverage the impact of Pinwheels for Prevention to talk about a larger effort we are part of, and that we hope everyone will participate in – the National Movement for America's Children.

It is the most fundamental obligation of our nation to support the healthy development of each and every child. Now is the time for this commitment to truly become our top national priority. We all know that today's children are America's future leaders, parents and workers.

We also now know how we can each help prevent child abuse and neglect from ever occurring. And with the National Movement for America's Children, Americans everywhere, from leaders in government and business to people in communities across the country, are awakening to the role we each can play in ensuring all children have an equal opportunity for growth and development. We are advocating for the expansion of innovative programming such as home visiting services, increased funding for the prevention of shaken baby syndrome, child-friendly workplaces and comprehensive flex time programs.

We are personally promoting the health and well-being of every child in our community, donating to child advocacy causes, participating in youth-focused community organizations and supporting family or friends who are under stress. And we are asking all Americans to answer the following question:

"How can we ensure that every child has an equal opportunity for healthy growth and development?"

We have awakened to the impact we each can have on our children when we take action — even seemingly small action — that can help <u>all</u> of America's children grow to become healthy, caring and contributing adults. And so we invite you to be part of something bigger than yourself, your community and our state because when we do that, we help drive our entire country's future. Everyone says they care about our nation's children, but it's time for us to awaken to the difference we can make when we do more than just say we care — when we actually take action. There is only one time when it is essential to awaken a movement for America's children. That time is *now*.

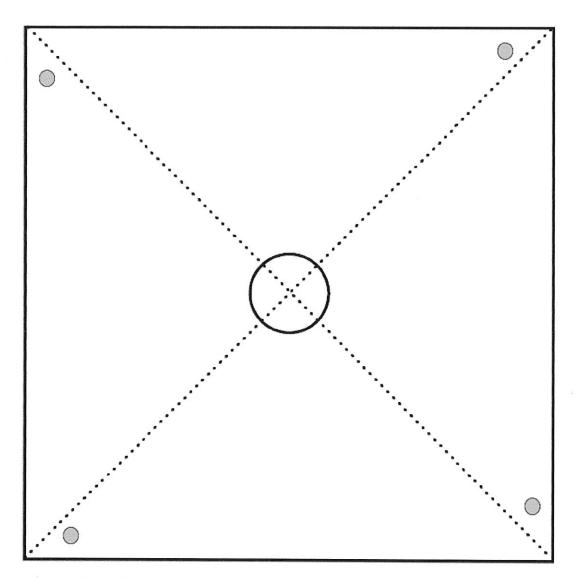
Otional Social Connections Children	SATURDAY	ily routine Get outside! Start a parent- rnows child walking or biking t.	hildren being Make a play date with hem often. friends who have children the same ages as yours.	tions with for Find and join a local parent hat do you Circle of Parents®.  ted? http://www.  circleofparents.org/	Id to resolve 25 Join a Girl Scout or efully.  your children.	Child Welfare Information Gateway Information
Social and Emotional Competence of Children	FRIDAY	Establish a daily routine so your child knows what to expect.	Catch" your children being good. Praise them often.	Role play emotions with your child—what do you do when you're happy, sad, or frustrated?	24 Teach your child to resolve conflicts peacefully.	Child
Concrete Supports for Parents	THURSDAY	Z Talk to friends about organizing a babysitting co-op.	Find out what classes your library or community center offers. Sign up for one that interests you.	Dial "2-1-1" to find out about organizations that support families in your area.	2 Sak your school principal or PTA to host a community resource night.	SO Organize a "Clothes Swap Potluck" to swap thildren clothes.
Parental Resilience	WEDNESDAY	Share your personal accomplishments with others via Facebook or Twitter.	Set goals for yourself and list the steps you will need to take to accomplish them.	Make time to do Something YOU enjoy.	22 Talk to a trusted friend when you feel stressed, overwhelmed, or sad.	Treat yourself to a spa day at home: Take a bubble bath, try a facial mask, and paint your nails a new color.
Knowledge of Parenting and Child Development	TUESDAY		Explore the world from your child's point of view.	Reflect on the parenting You received as a child and how that impacts how you parent today.	Find a local parenting group (e.g., MOPS). http://www.mops.org/	28 Spend time observing what dyour child can and cannot do. Discuss any concerns with your child's teacher.
Nurturing and Attachment	MONDAY		Have a family game night! Even young children can play board games on an adult's "team."	Ask your children who is important to them.	<b>20</b> Make something with your child. Arts and crafts are fun for adults, too!	<b>27</b> Volunteer at your child's school.
Protective Factors	SUNDAY		Talk to your faith community about starting a parent-support ministry.	Plant a pinwheel garden with your child in your front yard, near your mail box, or on your front porch.	9 Hold, cuddle, and hug your children often.	26 Host a potluck dinner with neighborhood families to swap parenting stories.

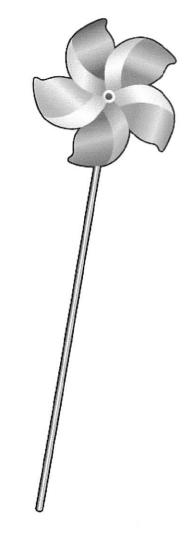
Social Connections	SATURDAY	Organize "stroller walks" with new parents. Talk about their challenges as you walk.	Host a potluck or cultural celebration.	Encourage parents to support each other through phone trees, carpools, or playgroups.	Create a "positive parenting club," and produce a video of parents sharing their success stories.	https://www.childwelfare.gov/ topics/preventing/ U.S. Department of Health and Human Services Administration for Children and Families Administration on Children, Youth and Families Children's Bureau http://www.acf.hhs.gov/
Social and Emotional Competence of Children	FRIDAY	Add children's books about feelings to your program's library.	Role play emotions with kids —what do you do when you're happy, sad, or frustrated?	Train your staff on how trauma and loss affect children.	Zdreach kids to resolve conflicts peacefully.	Child Welfare Information Gateway Information Cateway Acceptage (Children's Acceptage Children's Bureau
Concrete Supports for Parents	THURSDAY	Create a handout for families with community resources linked to each protective factor.	Invite a community partner to present a new resource for families.	Visit a program where you refer families, so you will know what it's like.	23 Let parents use the center's computers for personal business (e.g., writing résumés, email).	30 Invite a nutritionist to demonstrate how to buy and prepare healthy dinners on a low budget.
Parental Resilience	WEDNESDAY	Invite someone in to help parents learn about managing stress.	Make "how are you?" phone calls to families in the program.	<b>15</b> Recognize parent accomplishments.	22 Help parents set goals and solve problems.	29 Invite local businesses to donate services for a free "spa day" for parents.
Knowledge of Parenting and Child Development	TUESDAY		Have tips handy for caregivers dealing with parenting challenges.	Talk to parents about how trauma can impact children at different developmental stages.	21 Talk to parents in your program about discipline alternatives.	28 Have a conversation with a parent about where their child is developmentally.
Nurturing and Attachment	MONDAY		Create a board-game library for families.	43 Arrange a kickball or soccer game for parents and kids.	20 Offer parents materials for a craft that they can make with their child.	Create a cozy "book nook" where parents can read to their children.
Protective Factors: Community Awareness	SUNDAY		Put the protective factors on your outreach materials.	Plant a pinwheel garden as a reminder of the bright futures all children deserve.	19 Invite community partners to an interfaith family day.	26 Create a calendar of community events for families.

# 30 Ways to Promote Child Well-Being During National Child Abuse Prevention Month

Social Connections	SATURDAY	Hold a family ice cream social. Partner: Ice cream shop or local grocery store	Collaborate with a business to sponsor a family day or family night at a sporting event. Partners: Local businesses, professional or semipro sports franchise	Create rituals for welcoming new families to your community. Partners: Realtors, Newcomers Clubs, PTAs	Create a video library for parents, forused on children's social-emotional development.  Partner: Libraries	https://www.childwelfare.gov/ topics/preventing/ U.S. Department of Health and Human Services Administration for Children and Families Administration on Children, Youth and Families Children's Bureau http://www.acf.hhs.gov/
Social and Emotional Competence of Children	FRIDAY	Offer acting classes to build kids' ability to name and recognize emotions.  Partner: Theater company	Engage youth to create a presentation on bullying and help them find performance venues.  Partners: Theaters, schools	Provide families with books and toys focused on young children's feelings and experiences.  Partner: Children's stores	24 Create a community swap event 2 for families to trade items such as books, school supplies, or clothes.  Partner: Civic association	Child Welfare Information Gateway 100 menters communicated to the first of the firs
Concrete Supports for Parents	THURSDAY	Invite families to a "Help Exchange" where they learn about local services. Partners: Local shops (to donate prizes, offer samples)	Sponsor a health fair. Partners: Health-care providers, social services, community-based organizations, local businesses	Host job-training classes or a job fair. Partners: Local businesses, employment agencies, universities, State/local government agencies	23 Start a winter coat drive and open a community food pantry. Partners: Local dry cleaners, social services, faith-based organizations, grocery stores	30 Host a financial literacy workshop for families to help with financial management Partners: Business leaders or bankers
Parental Resilience	WEDNESDAY	Host a series on parenting when times are lough. Partners: Churches and other faith communities	Offer workshops for parents on stress relief and relaxation.  Partner: Child care resource and referral agency	Host a Parent Support and Appreciation Conference to recognize parent leaders. Partner: Hotels, business leaders, elected officials, social services, health department, and other community organizations	22 Organize a stroller exercise or parent-child yoga class at a local community center. Partners: Community center or yoga studio	Host a health and spa day for moms and dads.  Partners: Local businesses, community-based providers
Knowledge of Parenting and Child Development	TUESDAY		Ask businesses to consider including parenting tips in their advertising or on product packaging.  Partner: Business leaders	Create a parent resource library at your office. Partner: Local businesses, service providers	Offer parenting classes or visitation support for incarcerated parents.  Partner: Correctional facilities	Host a workshop on observing and supporting young thildren at play.  Partners: Psychologists, pediatricians
Nurturing and Attachment	MONDAY		Promote family-friendly employment policies, such as onsite child care. Partner: Local businesses	Encourage screening for parental depression in pediatric offices. Partner: American Academy of Pediatrics chapter	SO Set up a parenting display near the children's book section at your library. Include information and books on behavior, emotions, etc.	27 Share resources with family-friendly businesses on protective factors, child development, parenting skills, and sitress reduction. Partners: Early childhood programs, health-care providers, grocery stores
Protective Factors	SUNDAY		Sponsor a "community visioning" event to gauge interest in launching a protective factors agenda in your community.  Partners: Community wide	12 Host a Strengthening Families leadership brunch or dinner. Partners: Faith-based organizations, elected officials, community-based organizations, philanthropists	Ask local businesses to provide transportation for families to local churches, temples, or mosques.  Partners: Businesses, faith-based organizations	26 Publish a list of "10 things you can do to strengthen families" in your community. Partners: Local media, businesses

# Make Your Own Pinwheel Activity Sheet





### What you'll need:

- ► A pencil with eraser
- ▶ 8½x 11 sheet of construction paper
- ► Scissors
- Colored pencils or markers
- ▶ Paper fastener
- ► Plastic drinking straw

### How to make a pinwheel:

- Print the pinwheel pattern. You can reproduce this pattern on white construction paper with a copy machine. Be sure to cut the construction paper to 8½ in. by 11 in.
- 2. Cut-out the pinwheel on the solid lines only.
- 3. Decorate both sides of the construction paper pinwheel.
- Cut the dotted lines from the four corners to the center circle. Try not to cut into the center circle.

- 5. Use the sharpened pencil to poke a hole through the four tiny dark circles. The pencil point also works well to poke a hole into the straw. Carefully push the pencil point through the straw about ½ inch from the top.
- Make the tiny holes on the four points meet at the center circle.
- Push the ends of the paper fastener through the holes on the pir.wheel, then push the fastener through the center circle.
- 8. Place the straw on the back side of your pinwheel and push the ends of the fastener through the hole in the straw. Open-up the fastener by flattening the ends in opposite directions





